

# Shoulder External Rotation Press

Sit sideways on a chair with your upper arm supported by the back of the chair and your elbow bent to 90 degrees. Your shoulder blade should be in a retracted position (pulled back towards the spine).

While holding a dumbbell and keeping your elbow on the chair rotate your upper arm to bring your hand up and back.

From this position press the dumbbell overhead by straightening your elbow and lifting your upper arm towards your ear.



Hold for a few seconds then slowly bend the elbow back to the chair and rotate the upper arm to bring your hand forward.

Repeat 10-15 times for 3-5 sets.



## Notes:

- Keep the shoulder blade retracted (pulled back towards the spine) for the entire exercise - there will be a tendency for the shoulder blade to round forward as the hand rotates forward
- As strength improves you can increase the resistance by using a heavier weight